

# Red Red Ghana



Prep Time: 60 min



Portions: 4

This recipe will be broken down into 3 parts.

Chef Daniel's Ghana Red Red  
Ghana Vegan Jollof Rice  
Deep Fried Plantains



## INGREDIENTS

### Red Red Ghana

1 cup Black Eye Pea (175 g)  
2 tbsp Canola Oil (30 ml)  
1 Small White Onion, Diced (70 g)  
Ginger Root, Grated Finely (15 g)  
1 Scotch Bonnet Pepper, Minced (6 g)  
1 tbsp Hot Madras Curry Powder (5 g)  
1 tbsp Cayenne Pepper (5 g)  
2 Medium Tomatoes - Sized - 6x7, pureed (80 g)  
¾ cup Crushed Tomato, pureed (100 g)  
1.5 tsp Tomato Paste (7 g)  
1 ¾ cups Water (400 ml)  
1.5 Cube (15g) Gluten Free Low Sodium Veg Base (15 g)  
1 tsp Kosher Salt (4 g)  
2 tsp Fine Black Pepper (4 g)  
3 cloves Garlic Peeled (10 g)

## INSTRUCTIONS

- 1) Place black eyed peas in a large bucket filed with water and allow to soak for 24 hours.
- 2) After 24 hours cook the black eyed peas in boiling water until tender. Remove, cool and set aside.
- 3) In a large skillet sauté the onions in oil on medium heat until translucent. Add in ginger and garlic and cook out for 2 minutes. Add in the cayenne and curry powder and cook out for 5 minutes.
- 4) Add in the scotch bonnet, tomato paste, crushed tomato and diced fresh tomatoes and cook for 5 minutes. Add in the water, vegetable base, salt and pepper and bring to a boil. Turn to a simmer.
- 5) Add in the cooked black eyed peas and cook out for 30 minutes.

# Red Red Ghana



Prep Time: 45 min + 5 min



Portions: 4



## INGREDIENTS

### Ghana Vegan Jollof Rice

1 Small White Onions, pureed (75 g)  
1.5 Tbsp Canola Oil (25 ml)  
2 tbsp Tomato Paste (50 g)  
0.5 Cups Diced Tomato, pureed (100 g)  
0.5 Cups Crushed Tomato (75 g)  
1 Small Scotch Bonnet Pepper, Minced (4 g)  
1 tsp Hot Madras Curry Powder (4 g)  
½ tsp Ground Ginger (2 g)  
½ tsp Garlic Powder (2 g)  
1 cube (10g) Gluten Free Low Sodium Veg Base (10 g)  
¾ cup Parboiled Rice (150 g)  
¼ cup Macedonian Vegetable Mix (60 g)  
1.5 Cups Water (375 ml)  
Vegan Chicken Strips, medium, diced (optional) (60 g)  
1 tsp Kosher Salt (4 g)  
1 tsp Fine Black Pepper (4 g)

### Fried Plantains

Large Plantain, Peeled and Sliced  
1 tsp Kosher Salt (5 g)

## INSTRUCTIONS

- 1) In a large skillet, sauté the onions in oil on medium until translucent. Stir in the ginger powder, garlic powder, curry powder and minced scotch bonnet. Cook out for 2 minutes to release the flavour of the spices.
- 2) Add in the diced tomatoes, crushed tomatoes and the tomato paste and cook for 10 minutes.
- 3) Add in the water, salt, pepper and vegetable base and bring to a boil. Turn to a simmer, cover pot and allow to cook for 20 minutes.
- 4) Stir in the defrosted mixed vegetables and vegan chicken strips (optional) and cook for 10 minutes or until rice is tender and cooked thru.

- 1) Preheat oil in a large, deep skillet on medium heat.
- 2) Fry the sliced plantains until golden brown.
- 3) Remove from skillet and place on paper towel to drain excess oil.
- 4) Sprinkle with salt and set aside.